

# CONCERNING HEALTH and BEAUTY

## By MRS. HENRY SYMES



The effect of penmanship, vertical and sperkerian

I THINK we will all admit that we possess no more important faculty than our sight, and, therefore, our eyes should certainly be our first care, not only on the Fourth of July, but on all other days of the year. But as this meets the readers on the Fourth, let me advise you first of all to guard your own eyes and those of the children around you. Boys will be boys and fire crackers must be used upon this glorious day, but take all the precaution possible so the Fourth may end with comedy and not with tragedy. The best way of all to protect the eyes of the children is to let them all wear goggles, and then, while they may not look their prettiest, their eye safety will be assured. Should they become hurt in any other way, no matter how slight the wound may be, wait not a moment before consulting a physician. The dreaded lockjaw lurks in every grain of gunpowder, even in the paper which forms the crackers, so no effort should be spared to insure the healthfulness of the wound.

But my subject today is not to treat the many fearful accidents of the Fourth. I only mentioned them in the hope that my note of warning might go forth in time to prevent some one's looking back on the day with sorrow. My real subject is the care of the eyes—intelligent care to prevent strain and the development of myopia.

### INTELLIGENT CARE

The most eminent physicians of the world agree that this latter affliction, near-sightedness, seldom develops after the twentieth year. In other words, the adult whose muscles are more or less set and who is past the strain of growing, seldom becomes near-sighted. Children, however, born with perfect sight, frequently develop myopia during their early school days, for it comes from strain brought about by the too constant application to books placed in a poor light. Statistics on this subject are interesting and tend to show that near-sighted children

are more frequently found in cities than in the country, a natural result of crowded, badly lighted schools and less healthful life.

But we are more interested in the prevention than in generalities. Oculists agree on several points in which children's eyesight may be preserved, and this advice is principally directed toward the furnishing and lighting of the school.

### GOOD RULES

They say that no pupil should be so far away from the window that the sky line is invisible from his seat. As long as a bit of sky is in sight on all ordinary days there will be sufficient light to read by.

There should be no artificial light in the schoolroom except on the very darkest days, and when light is necessary it should be electric light only, for this more nearly duplicates the sun and its rays diffuse evenly.

Every desk should be such a height that the book lying upon the top will be ten inches from the eye of the student when he is sitting erect, and no book should be used in any school unless the print is large enough to be easily seen at a distance of eighteen inches from the eyes.

So much for the school children. But the school days are not the only ones when care must be taken of the precious eyes. There is no time of life when any one can afford to neglect them, particularly if one's daily bread depends upon one's sight.

To save your sight, do not read while lying down nor while seated in any moving vehicle. The change of focus is a strain upon the six delicate muscles upon which your eyes depend. Sit erect in a good light and hold the book ten inches from the face. For evenings at home the German student's lamp will be the most satisfactory illumination. For the sake of these muscles, too, do not read when you are sleepy and when the eyes feel tired or the head aches. Bathe them with a solution of boracic acid and water and then rest them in



Reading without harm to the eyes

the dark for an hour or two. Such treatment may save you much future trouble.

As a last word I want to call your attention to the effect of the different styles of penmanship. You can see in the photograph that she who writes the vertical hand holds her paper straight in

front of her, and sits erect with her head at no unnatural angle. Her neighbor, however, is writing the fine Italian hand of Jane Austen's time and must hold her head at an angle which causes astigmatism. This is a picture that mothers will do well to remember when school opens once more in the autumn.

## Intelligent care of the eyes



A bath with boracic acid and water.

## AIDS TO CORRESPONDENTS

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply.

This rule must also be complied with in regard to personal letters.

### A Batch of Queries

Dear Mrs. Symes:  
1. Would you please publish a remedy for reducing the hips?  
2. Is butter good to bleach the skin, and how often do you use it?  
3. What can I do to make pink cheeks and lips?  
4. Would you please tell me what I can do to make my hair darker without dyeing it?  
A READER.

The best way to reduce the hips is

lowing exercise before an open window every morning and every evening, and even at lunch time if you can. Throw back your shoulders, hold your head erect and take fifteen long, slow breaths, filling your lungs and exhaling slowly. This, I know, will help you very much.

### About Glycerine

Dear Mrs. Symes:  
I have been using glycerine and rose-water on my face, and now I have heard that glycerine is not good for the skin. Is this true, and why?  
My hair used to be light, but it grew darker and I used peroxide on it and now it looks reddish. What shall I do?  
MOTRIE.

Glycerine is supposed to be a little strong for the ordinary skin, although it agrees with some faces very well. The rose-water softens it, so it is not very harmful. Glycerine, as you know, is an animal fat, and I always feel that these are liable to encourage the growth of superfluous hair. Would you not like to use the following mixture? It will whiten the skin and soften it, and it could not hurt the most delicate skin:

One teaspoonful of glycerine and an ounce of rose-water. Mix them and apply with absorbent cotton when convenient. The effect of the peroxide will wear off in time. You might try washing soda in your shampooing water. It will make the hair lighter.

### Some Good, Some Bad

Dear Mrs. Symes:  
Will you please publish as soon as possible a recipe for face creams for them?  
Mrs. G. S.

I am giving you a good recipe for a cream to remove freckles, and I think you will obtain the best result if you get the ingredients to mix it for you. I only think that some creams are good for freckles. Ordinary face creams contain no acids, and these are necessary.

**Freckle Cream.**  
Petroleum ..... 1 ounce av.  
Hydrogen peroxide ..... 1 fluid ounce  
Acetic acid ..... 1 fluid ounce

### For a Small Girl

Dear Mrs. Symes:  
Can you give me some oil to make my little girl's hair fluffy? It is quite short and straight and is really most unbecoming.

I am afraid that the only thing you can use to make your daughter's hair fluffy and curly is alcohol. Wet your hand with it and rub it over the child's head, pushing the hair the wrong way. This will probably not be the effect that you want, but as it is not very good for the hair, I should not recommend it too frequently—just on party occasions.

### To Remove an Eyebrow

Dear Mrs. Symes:  
What will remove a wart from the hand? I have had one a long time. JAMES.

I feel sure that the eradicator of which I have written in the recipe will be just what you want. If it is not, let me know.

### Wart Eradicator.

Sublimed sulfur ..... 10 grains  
Glycerine ..... 1 fluid ounce  
Acetic acid ..... 1 fluid ounce  
Use as directed in each wart, continuing the treatment until the wart falls off. The wart drops and then drops off.

### A Number of Difficulties

Dear Mrs. Symes:  
Please tell me what to do for two wrinkles that have run from my nose to my mouth. They are very plain and I wish to get rid of them. I also wish to ask you about my nose. Right in the middle it is red. It is not red as some noses are, but it looks as if tiny blood vessels are burst there.

I have been using certain toothpaste on my teeth, and ever since I started to use it my teeth instead of getting whiter have black stripes all through them. One day I used powdered charcoal and got them clean for a day, but they got striped again.

What can I do to have red cheeks (omit red)? I take plenty of exercise, but it does me no good. Also tell me how to make my face fat and how to keep it from perspiring.

What can I do to make the wrinkles in my hands less prominent? MARY.

"Laughing wrinkles" are very common, and while they are difficult to remove, it is possible to do so by massaging them with a good cream or having facial treatments. But once these treatments are started they must be kept up or the wrinkles will appear again and will be more prominent than ever.

For the burst blood vessels I can only advise you to go to a good physician and have him prescribe for you. I think you had better stop using the toothpaste at once, for evidently it is harmful. The only thing I can suggest is for you to visit a first-class dentist, who will prevent any further trouble.

Do you take exercise in the open air? If you do you will surely gain red cheeks in time. Along with the exercise take some good tonic, which will also fatten your face. To keep the face from perspiring mop it several times a day with a solution of peroxide and water, equal parts of each.

I do not know of anything that will make the veins in your hands less prominent.



Enforced rest to relieve strained muscles

must be expecting then to spend the rest of your life pleasing him. Therefore it seems well for you to practice now.

If he says you must not have other friends, you must comply with his wishes, although there is no real harm in your having other callers during his absence; but if you have them it is well to have many rather than few, and I should not go about with them if I were you. You would not like to do anything, I know, to make yourself talked about.

### A Housewarming

Dear Mrs. Adams:  
I have read your advice on social customs and I would have known how fully to conduct a housewarming.

I am very sorry that my space is too small for me to tell you all the details of such an entertainment. I will, however, in the near future write an article on the subject which I hope will be of assistance. In case you wish to give the entertainment at once, however, let me say that the invitations are usually written in the form of informal notes, that such parties are given as receptions, from 8 to 10 or 11 in the evening, and that a buffet supper is served during the whole time. This usually consists of sandwiches and salad, ices, cakes, candies, nuts, coffee and some cold beverage. These are all placed upon the dining room table and the guests help themselves.

By having the entertainment continue several hours, the house will at no time become uncomfortably crowded. The host and hostess receive in the door of the drawing room and a few chosen friends circulate among the guests and make them feel at home.

### A Bashful Girl

I know a young man of high standing and like him very much. He always bows to me, but never speaks. Would it be proper for me to say something to start a conversation? I try to speak but I am so bashful.

I presume that when you say you know him you mean he has been formally introduced to you. In this case only can you hope to speak to him. The more fact that he may bow to you would not make you acquaintances. If you have really met him, then you have a perfect right to speak to him, but I would not appear too eager to do so if I were you. Make some kind of laughing remark as he passes you or include him in the conversation when you are talking to some one else. You cannot, you know, make a deliberate and obvious effort to talk to him. Never be bashful. I hear so many girls say that they feel self-conscious when they talk to men. Why is this so?

## ADVICE ON SOCIAL CUSTOMS

Mrs. Clara Adams  
most centrally involved her friends  
belong to her Social  
Problems and Perplexities  
by letter any time

Wares and Doors.

AND went out and slammed the door.  
Yes that sentence not very familiar to you? Cannot you picture the argument that preceded the action, the indignation way she threw back her head and the look of utter disgust and contempt she directed toward her opponent in the "scrap" before she went out? The very catching of the door as the door flew shut must have indicated the thoughts in her heart. Why do people slam doors? Is it because they can get the last word in no other way, or is it because they wish to make a defiant as possible their retreat? Whatever the reason, their method of procedure is very ill advised. Why not make the retreat calmly and in good order, thus leaving the second person in the room to meditate upon self-control? It is most worth while to go somewhere and pick a quarrel so you may know how your advantage is when you rise quietly, open the door as though you were keeping an important engagement, and then step slowly out, closing the door behind you as though the opponent were some sleeping creature whom you do not wish to disturb. This will leave you, no matter what the argument may have been, the master of the situation. You take the opportunity for the last word as you by and you closed the door gently upon your erring friend. You say have been a generous foe or only clever one, but in either case the conqueror was quietly ended.

The slamming of the door in anger is not the only kind that must be remembered under today's title. There is also the slamming of the heavy shop door. We all know the unspeakably rude man or woman who walks through the swinging door with never a thought of those walking behind. Neither does this particular selfish one turn when the door bangs upon some unfortunate. It would hardly seem necessary that I should have to speak of a matter that every one should know so well, yet there are still many who do not realize what the consequence may be as a result of their thoughtlessness. A man should always hold a door open for a woman, even though she be a total stranger, while a woman should always hold the door until whoever is back of her steps forward and relieves her of the weight. If it is brutal for a man to let a heavy door swing upon a woman, it is no less rude for a woman to slam it upon a man.

And then comes the trying person who bangs doors all over the house. This may be either a man or a woman, but it is more frequently a woman, one of the nervous, absent-minded kind, who does not care much about the nerves of others. The unfortunate people who must live with this daily trial may follow her progress all over the house by the sound of the doors. Does she ever remember the sleeping baby, the tired housekeeper? Not at all. She goes upon her noisy way unconcerned, while her family flee at her approach and long to invest in a sound-proof cave.

But if the noisy slamming of a door is nerve-racking, how irritating is the slamming of the mental door! There is the relative who comes in to deliver some ultimatum, and before you realize that the interview is under way she is gone. And there is the nagging wife who strives for the last word, and when she cannot get it and hold her ground, too, she flings a last remark over her shoulder and disappears. Cannot you see before you the picture of the disgruntled and discouraged husband and hear his long-drawn "But," which ends in a sigh that expresses worlds in itself? She is the mother who jumps at her unfor-

tunate children, tells them to stop doing whatever they may be at, and never listens to questions or explanations. This same woman is surprised to hold the exalted position in the household that she thinks the last shall be first. The last shall be first may be very satisfactory things for the moment, but they will not make you more beloved. It is not only more generous to allow the other person some opportunity for the expression of his views, but it is a matter of common courtesy, and even more so if the other person be one of your own family. Listen politely to the argument and pick flaws in it if you can, but do not indulge in anything so cowardly as an ignominious retreat through very noisy retreat.

### Perplexities Solved

#### Gloves and Shoes

DEAR Mrs. Adams:  
I would very much appreciate your advising me on the following points: What kind of gloves should I wear with a pink silk or linen gown? And what color shall they be? Must the gloves match the shoes?  
Would it be correct to wear tan shoes with a pink silk gown?  
BEATRICE.

It is customary to wear white gloves with linen or silk gowns of a light color, for they are rather dressy. They need not match the shoes at all, except that people frequently wear white shoes with gowns of this kind. The gloves might be a light shade of champagne, if you prefer, and they should be only intended to be worn on occasions. Therefore they would not be correct with a silk gown, and with pink they would be very ugly.

#### Too Much Company

Dear Mrs. Adams:  
Could you please give me some advice? I work at home on paper boxes, and I seem to have too much company. Every day somebody comes, and I do not wish to have them. I think it would be better if I could get a lunch for them, and all right once in a while, but I am tired of them. Had I better drop out? I win the prize almost every time, and I know they do not like it. They say I have no right to take it so often. Mrs. G. E. S.

It seems to me that when your

### Not Fair

DEAR Mrs. Adams:  
I have a few questions I want to ask you.  
1. I am keeping company with a young man and I like him very much, but we cannot agree. He often gets telephone calls and letters from girls, but when I get letters myself he does not like it. Will you please suggest some way for us to arrange this difficulty, so we may both be happy like we used to be?  
2. Now, this same man is going away. Is it proper for me to accompany him to the station and kiss him good-bye?  
3. He is coming back in a few months, and then we expect to get married. Would it be right for me to go with other fellows while he is away?  
AN ANXIOUS GIRL.

If you expect to marry this young man you are certainly not "keeping company" with him, whatever that may mean. You are engaged to him. You should, therefore, try to follow his wishes in any reasonable way, and I cannot exactly understand how a girl may want to marry a man and yet be unwilling to give up other men at his request.

In the case you cite, however, the man is in the wrong, for if he wants you to give up all your friends he must certainly expect to give up his, too. I should try to arrange this on the exchange basis if I were you; and believe me, if you cannot adjust to your mutual satisfaction such a simple matter you will never be happy when married.

If all of your friends know of your engagement it would be proper for you to kiss him good-bye at the station. Otherwise you may accompany him and say good-bye in a more conventional manner.

As you say yourself that in a few months you expect to marry him, you